

**House Resolution**

**No. 56**

**Introduced by Assembly Member Alquist**

May 22, 2000

House Resolution No. 56—Relative to National Osteoporosis Prevention Month.

1 WHEREAS, The month of May 2000 is National  
2 Osteoporosis Prevention Month; and

3 WHEREAS, Osteoporosis is a major public health  
4 threat for more than five million Californians, 80 percent  
5 of whom are women; and

6 WHEREAS, One in two women and one in eight men  
7 over 50 will have an osteoporosis-related fracture in their  
8 lifetime; and

9 WHEREAS, Osteoporosis is responsible for more than  
10 1.5 million fractures annually, including 300,000 hip  
11 fractures and approximately 700,000 vertebral fractures,  
12 250,000 wrist fractures, and 300,000 fractures at other  
13 sites; and

14 WHEREAS, One-quarter of hip fracture patients over  
15 age 50 will die in the year following their fracture, and  
16 one-quarter of hip fracture patients will require  
17 long-term care afterward; and

18 WHEREAS, It is estimated that in California between  
19 the years of 1995 and 2015, over 65,600 women age 50 and  
20 older will die from a hip fracture; and

1 WHEREAS, It is estimated that in California the total  
2 cost of osteoporosis related fractures to the state from  
3 1995 to 2015 will be more than \$23.1 billion; and

4 WHEREAS, Medical experts and organizations such as  
5 the National Osteoporosis Foundation (NOF), the  
6 Foundation for Osteoporosis Research and Education  
7 (FORE), and 50+ and Strong all agree that osteoporosis  
8 is not a natural part of aging but is a highly preventable  
9 disease; and

10 WHEREAS, Building strong bones during childhood  
11 and adolescence, especially before the age of 35, can be  
12 the best defense against developing osteoporosis later;  
13 and

14 WHEREAS, Calcium is a nutrient essential to obtaining  
15 peak bone mass in the first two to three decades of life and  
16 to reducing the rate of bone loss associated with aging;  
17 and

18 WHEREAS, Preventive measures such as a balanced  
19 diet rich in calcium and Vitamin D, weight-bearing  
20 exercise, a healthy lifestyle with no smoking or excessive  
21 alcohol use, and bone density testing can help prevent  
22 osteoporosis; now, therefore, be it

23 *Resolved by the Assembly of the State of California,*  
24 That the Members recognize the month of May 2000 as  
25 “National Osteoporosis Prevention Month,” and urge all  
26 Californians to become aware of and concerned about  
27 osteoporosis and its prevention, in light of the growing  
28 calcium crisis facing the majority of individuals across all  
29 ethnic age and income groups, placing them at great risk  
30 of the debilitating disease later in life.